



May 2026



Breakfast and Lunch Menu for the West Tisbury and Chilmark Elementary Schools
The Up-Island Regional School District is an Equal Opportunity Provider

Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast	NEWS Menu Subject to Change. Skim and 1% Milk offered with every lunch. Available Everyday: Salad Bar with Meat or Veggie Protein OR Chicken Salad Sandwich OR Sun Butter Sandwich Please Note Vegetarian and/or Gluten Free When Ordering. Please Let Nurse and Kitchen Staff Know About Any Food Allergies Menu Available Online at: wtisburyschool.org
Blueberry Muffin, Yogurt with Fruit or Cereal and Milk	Scrambled Eggs, Bacon and Toast or Cereal and Milk	Oatmeal, Yogurt with Granola or Cereal and Milk	Sausage, Egg and Cheese Sandwich or Cereal and Milk	Bagel and Cream Cheese with Yogurt Smoothie or Cereal and Milk	
Monday	Tuesday	Wednesday	Thursday	Friday	
				¹ Breaded Fish or Eggplant and Chips and Fresh Fruit	
⁴ Pasta with Beef or Veggie Tomato Sauce, Caesar Salad and Fresh Fruit	⁵ Chicken or Veggie Taco, Rice and Beans, Roasted Corn and Fresh Fruit	⁶ Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Cookie	⁷ Turkey and Cheese Panini or Veggie Burger, Cole Slaw and Fresh Fruit	⁸ Bacon (or Not), Egg and Cheese Sandwich, Hash brown and Fruit Smoothie	
¹¹ Pesto Pasta with Chicken or White Beans, Greek Salad and Fresh Fruit	¹² Meatloaf or Veggie Loaf, Roast Potatoes, Roll and Fresh Fruit	¹² Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Cookie	¹⁴ Fresh Mozzarella, Tomato and Basil Mayo Panini, Roast Carrots and Fresh Fruit	¹⁵ Fish Sandwich or Veggie Burger, Fries and Fresh Fruit	
¹⁸ Macaroni and Cheese, Peas and Fresh Fruit	¹⁹ Pork Chili Verde over Rice, Roast Mexican Slaw and Fresh Fruit	²⁰ Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Cookie	²¹ Crispy Chicken or Eggplant Parm Sandwich, Veggie Sticks and Fresh Fruit	²² Waffles, Sausage (or not), Roast potatoes and Fresh Fruit	
²⁵ No School Memorial Day	²⁶ Chicken or Tofu Fried Rice, Sesame Green Beans and Fresh Fruit	²⁷ EARLY DISMISSAL Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Cookie	²⁸ Hamburger or Veggie Burger, Potato Wedges & Fresh Fruit	²⁹ Herb Baked Fish or Portobello Mushroom, Biscuit, Roast Veggies and Fresh Fruit	